

## COMMUNITY SERVICE

### COMMUNITY SERVICE PROGRAM

The Concord-Carlisle High School Community Service Program provides students with the opportunity to involve themselves in a variety of enriching, useful and practical experiences, which serve the school and community. Through community service a student can learn new skills, assume responsibilities, become aware of the needs of others and learn the importance of serving and giving. Each student at CCHS is required to perform forty hours of community service between the date of entrance as a freshman and the end of senior year. The community service requirement may be satisfied by participation in any one or a combination of approved activities. Students who do not attend CCHS all four years are expected to do ten hours of community service for each year they are in attendance. The completion of ten hours of community service prior to the 11<sup>th</sup> grade is one requirement for open campus privileges junior year and the completion of thirty hours of community service prior to the 12<sup>th</sup> grade is one requirement for off-campus privileges senior year.

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## COUNSELING PROGRAMS

### INTERNSHIP PROGRAM

COURSE NO. 630

For Students in Grades: 11 & 12

CCHS internships are designed to complement classroom learning by extending what students learn in the classroom to hands-on training in the community. Students work in the field for at least four hours per week during the second semester. They develop career search, resume writing and interview skills, and they discuss workplace issues and other career related topics during weekly seminars. Students earn 2.5 credits for successful completion of the Internship Program. They are supervised by an internship site mentor and the CCHS Career Coordinator. Students are evaluated on job performance, journal writing and the completion of a final project.

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### WORK EXPERIENCE PROGRAM

COURSE NO. 929

For Students in Grades: 9, 10, 11, and 12

Students who desire to develop their personal, social and job skills through work, and are working at least 10 hours per week during the school year, are eligible for participation in this program. Academic credit is awarded on the basis of quarterly supervisory evaluations. Interested students should see their counselor for details.

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**INTENSIVE COLLEGE PLANNING WORKSHOP****For Students in grade 11:****Meets once/week - 1 month in Spring****COURSE NO. 935****For Students in grade 12:****Meets once/week – October – January****COURSE NO. 936****Prerequisites: Participation is limited and determined by Counselor**

This small group workshop is geared specifically for students from families with little or no experience in the college application process. Using computers, catalogs, guidebooks and the CCHS spring mini-fairs, students will create a list of programs of interest. Topics such as interviewing and college visits will also be covered. Students will complete senior information sheets, application forms, college essays and record consent forms. They will also become familiar with the process of applying for financial aid.

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**GROUP WORKSHOP IN STRESS MANAGEMENT****COURSE NO. 937****For Students in grades: 9, 10, 11, and 12****Prerequisites: Participation to be determined by High School Adjustment Counselor**

Stress is a part of everyday life. Students experience stress concerning tests, grades, getting into college, the future, family and friends. Unmanaged stress can adversely affect physical and mental health, as well as successful functioning. This workshop will help students to distinguish between healthy and unhealthy amounts of stress and teach them how to avoid, reduce or manage stress.

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**GROUP WORKSHOP FOR TRANSFER STUDENTS****COURSE NO. 938****For Students in grades: 9, 10, 11, and 12****Prerequisites: Participation to be determined by High School Adjustment Counselor**

This program provides outreach to students, who have recently moved into the CCHS community or have transferred from private school. Students will meet in a small group to learn about the academic, athletic, cultural and extra-curricular opportunities available at CCHS. Students will also receive support in getting connected with the CCHS community.

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**GROUP WORKSHOP IN HUMAN RELATIONS****COURSE NO. 939****For Students in grades: 9, 10, 11, and 12****Prerequisites: Participation to be determined by High School Adjustment Counselor**

In these small groups, students will learn to be more aware of their feelings about themselves and others, express their feelings more comfortably and effectively, understand how others see them and what impact they have on others, and change their behaviors (should they wish to do so). While all workshops will generally adopt these goals, each group will have its own particular focus (e.g., loss and bereavement, divorce, etc.) and meeting frequency/duration.

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